

EDMONTON

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Tinkering with tomorrow

Feds want to tap 'private innovators' to turn their basement inventions into consumer products

PAGE 8

SHOULDA PUT A DATE ON IT

BEYONCÉ'S ON-AGAIN, OFF-AGAIN RELATIONSHIP WITH HER NEW RECORD IS MAKING SOME OF US FEEL, WELL, FIERCE

PAGE 10



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LAST POST

Master Seaman Keala Banford, with the 27 Royal Canadian Sea Cadet Corp, plays Last Post during memorial services for the Battle of the Atlantic on Sunday. The Royal Canadian Navy lost 24 warships and suffered 2,000 casualties during the conflict as the Allied navy forces kept up the effort to transport goods and fuel to Europe. RYAN TUMILTY/METRO

Edmontonians emerge: Oh, hello, patio!

'It is unusual.' Above average high expected to last all week



RYAN TUMILTY

ryan.tumilty@metronews.ca

Edmonton's long winter came to an abrupt end over the weekend, as temperatures in the area skyrocketed and patios filled to the brim.

"Last night we had over a 10-page waitlist for the patio and we had to shut it down and people were upset with us," said Bernadette Penney, a manager at MRKT, near Whyte Avenue, as she jostled with another large and thirsty crowd on Sunday.

It was the same story downtown as well at the Sherlock Holmes, where

Sweet sunshine

- Edmonton's first snowfall last October and its last snowfall came six months apart this past winter.
- The record high for May 6 was set in 1966 at 28.3 C, which O'Connell said could be topped Monday.

manager Mike Vandermeer could only spare a few minutes to talk.

He said people were trying to bask in as much sun as possible.

"People start inside and as soon as there's a table outside they will go out there," he said. "They forget that there is actually an inside portion."

Penney said people were lingering longer than usual

on her bar's patio as well.

"People are enjoying the sunny weather after a long winter," she said.

Global Edmonton's weather specialist, Kevin O'Connell said the temperatures are about 10 degrees above average and coming off a particularly cold April they are a welcome shock.

"It is unusual, April is going to come in as one of our colder Aprils in quite some time. We were running anywhere between five and ten degrees below normal," he said.

O'Connell is forecasting much of the same for the rest of the week, with the exception of a small dip on Tuesday.

"All the elements of the atmosphere are lining up at the right time and the right place, and it happened this weekend," he said.

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Grey Nuns. Hundreds celebrate hospital's anniversary

Staff, physicians, alumni and the first baby ever born at Grey Nuns Community Hospital gathered Sunday to celebrate its 25th anniversary.

In 1988, when the acute care program moved from Edmonton General to Grey Nuns, staff took part in a Spirit Run from downtown to Mill Woods. To commemorate that event, all those who came out Sunday walked the hospital grounds.

"This celebration means that ... we're vibrant and we're continuing to look at what the needs of the community are," said Karen Macmillan, VP Operations of Acute Care.

The hospital has seen challenges in its history. In 1991 and 1994, the hospital was in danger of losing full-service care, but thousands protested.

Kaylee Walters, the first baby born at Grey Nuns, said, "It's surreal, the amount of people who have come out to participate today."

PATRICK NGUYEN/FOR METRO



Kaylee Walters, right, was the first baby born at the Grey Nuns hospital.

PATRICK NGUYEN/FOR METRO

Yellowhead Trail

17-year-old boy struck and killed by an SUV

A 17-year-old boy was killed early Saturday morning after being hit by a vehicle on Yellowhead Trail.

The teen was reportedly

walking westbound down the middle of Yellowhead Trail when he was struck by an SUV travelling westbound in the vicinity of 215 Street.

The 34-year-old driver of the SUV was not injured.

Alcohol and speed have been ruled out as contributing factors in relation to the driver. **METRO**



Travis Boa of Five Oaks Inc. stands behind the new Alberta Hotel Bar. The redevelopment spared some of the century-old features, including tile work, light fixtures and the original cash register. RYAN TUMILTY/METRO

Alberta Hotel Bar. Owner hopes historic bar will be back in action this summer



RYAN TUMILTY
ryan.tumilty@metronews.ca

The beer will cost a bit more than it did the first time the Alberta Hotel Bar opened its doors, but developers hoping to re-open the space want little else to change.

While the top floors of the turn-of-the-century hotel are

now home to CKUA radio, the bar stayed in architect Gene Dub's control. He's looking for someone to take over the space and open it for business this summer.

Travis Boa of Five Oaks Inc., who is helping Dub find a tenant, said the bar and the hotel hold a special place in the architect's heart.

"When he was a young boy, he used to deliver newspapers down to Jasper to the original Alberta Hotel," said Boa.

Shirley Lowe, the city's historian laureate, said the hotel and its bar represent a special time for Edmonton.

Up until its construction,

Lowe said the city's buildings were mostly temporary.

"Once you built a substantial building in that era, it would have meant there was no knocking it down; it was there to stay," she said.

Boa said they used as much of the original materials in the construction as possible and then made recreations of items they didn't have.

Lowe said in its day, the bar would have been for a higher-class clientele.

"It wasn't just your average Joe that got to hang out there."

Lowe said projects like this are important because they connect people to the past.

Landmark building

- The hotel was originally dismantled to make way for the construction of Canada Place and then put back together using the original materials.

- Prime minister Wilfrid Laurier stayed at the hotel during one of his visits to Edmonton.

"We need those landmarks; we need those places that we can look and touch and tell stories."

High-speed turn

Skydiving instructor dies following jump

Friends, family and students are remembering an experienced skydiving instructor who died following a skydiving accident west of Edmon-

ton on Saturday as a man who taught with "safety and integrity."

The accident occurred around 7 p.m. when a man was executing a high-speed turn on his landing approach at Eden North Skydiving Centre, according to Lyal Waddell, the school's owner.

The victim has been

identified as 49-year-old John Scott from Spruce Grove.

Scott was unresponsive and was transported to hospital, where he was pronounced dead.

"The skydiving community is a small one and we have lost a true friend and valued member of our family," Waddell said. **METRO**



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Pilot project has police dropping by local schools

Hallway Pass Program.

Six weeks in, the experimental program is deemed a success by cops and kids



ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Inside the walls of St. Elizabeth Catholic School, Travis Peever and Janice Martens are practically celebrities.

When they walk through the halls, students stop to wave, high-five and ask for autographs.

When Peever enters a Grade 4 classroom, a dozen children leave their desks and surround him.

They ask questions about his gun. They want to see his baton. They wonder if they can wear his hat.

As part of a recently launched pilot project, Peever and Martens, who are Edmonton police officers, visit St. Elizabeth Catholic School a few times a week, when their busy schedules allow.

Known as the Hallway Pass Program, the partnership between the Edmonton Police Service and the Catholic pub-

lic school board is helping students become more familiar with police officers.

In the six weeks Peever and Martens have been stopping by St. Elizabeth, they have noticed a big difference in students, who were initially shy and scared to approach them.

Now kids shake their hands, call them by their first names and bombard them with questions.

"They know me as a person, as opposed to just the policeman," Peever said.

Tristen Toulouse is in Grade 6 at St. Elizabeth and said he and his friends enjoy talking to the officers when they visit.

"I think of it as an honour. They take their time to come and see us," he said.

Assistant principal Amy Cooper said teachers let Peever and Martens interrupt their classes and appreciate their presence.

For students who are new to Canada and may come from a country where police are feared, seeing the officers regularly helps to build trust, Cooper said.

Martens said officers are often in reaction mode, moving from one complaint or emergency to the next. This initiative allows them to be



Const. Travis Peever poses with students in a Grade 4 classroom at St. Elizabeth Catholic School during an informal visit on Thursday. ANNALISE KLINGBEIL/METRO

Quoted

"They know me as a person, as opposed to just the policeman."

Const. Travis Peever

a part of the everyday life of the community.

"We're being proactive and reaching out to these kids at a very vulnerable and impressionable age," she said.

Peever and Martens, who work as constables in the Southeast Division, try to visit St. Elizabeth at least twice a week.

"It's not something that requires hours on end or

even hours a week. It's just those walk-throughs that mean so much to the staff and to the young kids that see us," Peever said.

Six weeks in, not only does the experimental program mean a lot to students and staff, it's something Peever and Martens genuinely enjoy.

"It has been the best part of my seven years policing," Peever said.

New initiative

- The Hallway Pass Program is a pilot project that sees officers stop by six elementary and junior high schools on an informal basis so that children become more comfortable with police officers.
- The program is currently being run at three Edmonton Catholic School District schools and three Edmonton Public School Board schools.
- The experimental project began in April.



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Inmates just prisoners of love

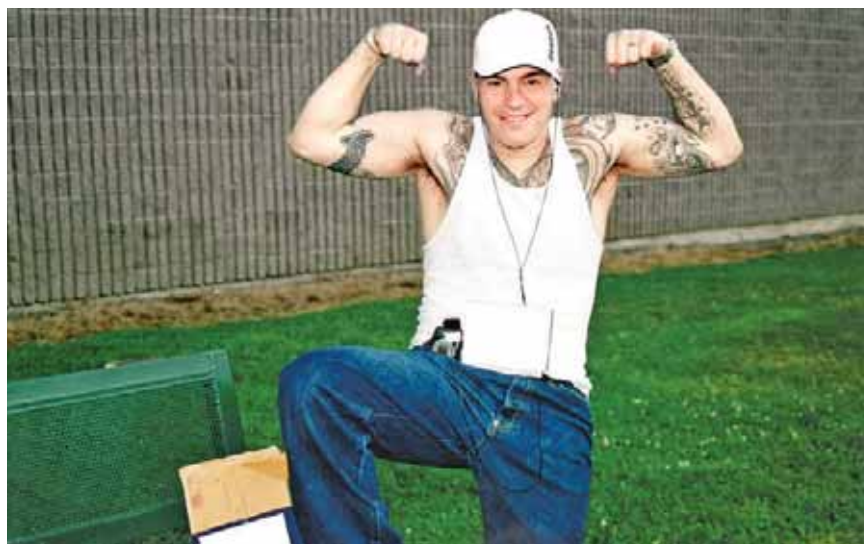
Hooking up. A dating website for Canadian convicts helps those behind bars find love on the outside

One bachelor says he can't be available for a first date for awhile — at least not before 2021. Another claims to hold the Toronto record for robbing the most banks in the shortest span: 11 financial institutions knocked off in four-and-a-half hours. "Not something I am really proud of," Alex Nikoloski writes.

The suitors are among dozens of male and female cons who have posted personal profiles and photos on a matchmaking website with a twist. This site hooks up people on the inside with those on the outside.

Canadian Inmates Connect Inc. showcases numerous prisoners serving life sentences and helps the incarcerated find pen pals and, perhaps, much more.

The 16-month-old website, which promotes some



Inmate Steve Mehlenbacher, who is serving his fourth federal sentence after a total of 16 bank-heist convictions, met his girlfriend on the Canadian Inmates Connect Inc. website which hooks up people on the inside with those on the outside. CANADIAN INMATES CONNECT HANDOUT/THE CANADIAN PRESS

40 convict profiles, has even churned out a few hookup love stories.

The site's founder, Melissa, a 35-year-old Toronto mom, says she was inspired to start the website after see-

ing similar ones in the United States. Melissa says most of the profiled prisoners heard about the website through word of mouth and inmate committees. They mailed her a blurb, photos of themselves

and a \$35 annual membership fee.

For some, the results have led to jailhouse bliss.

Julie Young, 24, a single mother from Truro, N.S., credits the website for intro-

Quoted



"I would marry him because I love him and I see

him having a really good future now."

Julie Young, 24. Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth sentence after 16 bank-heist convictions.

ducing her to a convicted bank robber she hopes to marry one day.

Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth federal sentence after a total of 16 bank-heist convictions.

Young plans to move across the country this month to be closer to her man, who's locked up in the medium-security Mountain Institution in Agassiz, B.C., about 140 kilometres east of Vancouver.

They have never met in person, but they exchange letters regularly and have daily chats on the phone.

THE CANADIAN PRESS

Recreational league

Soccer referee punched by teen player dies

A soccer referee who slipped into a coma after being punched by a teenage player during a game a week ago died Saturday night, police said.

Ricardo Portillo, 46, of Salt Lake City passed away at the hospital, where he was being treated, police said. Police have accused a 17-year-old player in a recreational soccer league of punching Portillo after the man called a foul on him and issued him a yellow card.

The teen has been booked into juvenile detention on suspicion of aggravated assault. Spokesman Justin Hoyal said authorities will consider additional charges since Portillo has died.

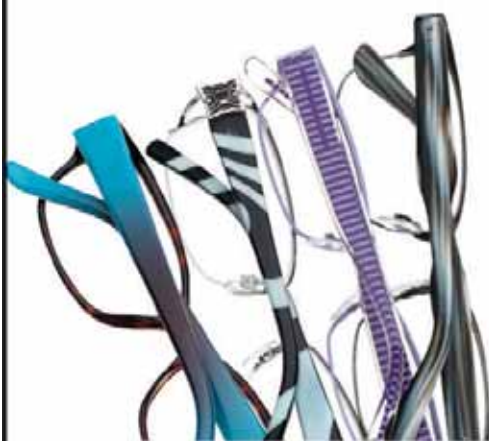
Portillo suffered swelling in his brain and had been listed in critical condition Thursday at the hospital in the Salt Lake City suburb of Murray.

THE ASSOCIATED PRESS

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Alberta Government

Syrian rebels occupy air base

Regional involvement. Israel strikes at capital amid days of fighting

Rebels occupied parts of a military air base in northern Syria on Sunday after days of fighting with government troops who have been defending the

sprawling position for months, activists said.

The Britain-based Syrian Observatory for Human Rights said rebels moved deep inside Mannagh air base, near the border with Turkey, despite fire from government warplanes. The Aleppo Media Centre says rebels captured a tank unit inside the base and that the base commander, Brig. Gen. Ali

Salim Mahmoud, was killed.

The fighting came hours after Israeli warplanes struck areas in and around the capital, setting off a series of explosions as they targeted a shipment of highly accurate, Iranian-made guided missiles believed to be bound for Lebanon's Hezbollah militant group, officials and activists said.

The attack, the second in

three days and the third this year, signalled a sharp escalation of Israel's involvement in Syria's civil war. Syrian state media reported that Israeli missiles struck a military and scientific research centre near Damascus and caused casualties.

Rebels have launched a wave of attacks on military air bases around the country in

the past months in an attempt to deprive the army of a key weapon used to target anti-government forces.

Rebels have been trying to capture Mannagh air base for months but were able to take only small parts of it.

The Syrian conflict has killed more than 70,000 people, according to the UN.

THE ASSOCIATED PRESS

Escalation

Israel beefed up its rocket defences on its border Sunday to shield against possible retaliation after it struck Damascus twice in 48 hours — an unprecedented escalation of involvement in the Syrian civil war.



Bangladesh in mourning

A woman is held as she grieves after identifying the body of her daughter, a victim of the garment-factory collapse in Savar, Bangladesh, on Sunday. The death toll from the collapse of a shoddily built building continued its horrifying climb, reaching 622 on Sunday, with little sign of what the final number will be. The disaster is likely the worst garment-factory accident in history, and there have been few industrial accidents of any kind with a higher death toll. WONG MAYE-E/THE ASSOCIATED PRESS

Sask. Fan knocks down member of Mötley Crüe

A heavy-metal concert in Estevan, Sask., was rocked on Saturday night when a man, rushing from the audience, knocked a guitarist to the stage floor and grabbed the band's lead singer.

The incident abruptly stopped the Mötley Crüe show at Spectra Place. Security personnel and other staff rushed to the aid of guitarist Mick Mars before the rest of the band angrily walked off stage.

"What the f— is wrong with you, you f— idiot?" said singer Vince Neil, leader of the group.

The band later returned to the stage to finish its show.

The incident was captured on video and posted online. After apprehending the man, police looked at footage of the incident while investigating on

Sunday.

Estevan city police Const. Lana Gropp said the suspect, about 40 years old, told officers that he accidentally collided with Mars while trying to approach Neil.

"In his stride toward the singer, he bumped into the guitarist and knocked him over — not intending to, I guess, in his words. In his words, he didn't even touch the other gentleman," Gropp said.

"It appears, from the video ... like he had run into him. That's why it's an ongoing investigation at this point."

It was uncertain, Gropp added, whether charges would be laid against the suspect, a Saskatchewan resident from outside Estevan.

ROSS ROMANIUK/METRO IN REGINA

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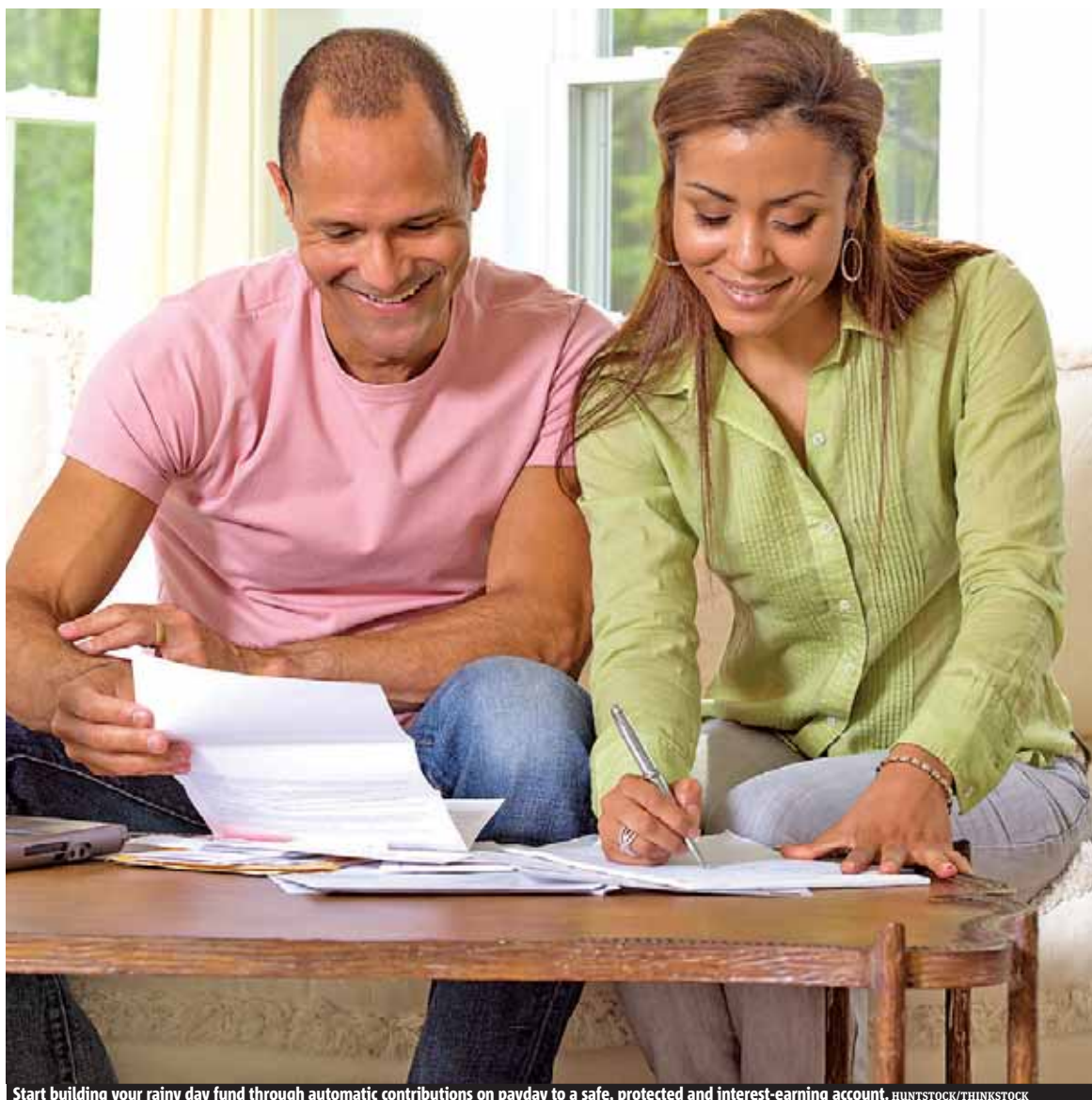
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Start building your rainy day fund through automatic contributions on payday to a safe, protected and interest-earning account. HUNSTOCK/THINKSTOCK

Savings. Build a stash of cash

Home ownership is very rewarding. But it can be filled with financial surprises along the way. Planning for the unexpected is wise and easy.

Start with ensuring that you have the right insurance for your property and possessions. Call your insurance provider or even a trusted insurance broker and have them walk you through your policy so you understand the coverage you have and the process you would have to go through should you have an emergency. If your current policy doesn't meet your needs, change it.

But not all emergencies are covered by insurance. If, for example, you or your partner were laid off, your child became ill, a sewage line backs up or your house needs a new roof, you will need money to tide you over until the situation is resolved.

Financial experts there-

Interesting options

A high-interest savings account is the same as a traditional savings account, but it pays more interest on your funds than a traditional savings account.

A GIC is a guaranteed investment that will stay protected while earning interest. GICs are invested for a specific amount of time and you get to select

when you would like them to mature — typically a six-month minimum term to a five-year term.

A money market mutual fund is a low-risk investment based on very secure government-backed assets and high-quality corporate bonds, which has no guaranteed return, but typically generates a small, less-risky, return.

fore recommend that homeowners have between three and six months of salary tucked away for a rainy day. But their opinion isn't necessarily right for your situation. You need to decide what amount of savings will make you feel secure.

Over the course of the

next two to three years, start building your rainy day fund through automatic contributions on payday to a safe, protected and interest-earning account. The most popular savings tools are high-interest savings accounts, guaranteed investment certificates (GICs) and money market

mutual funds, all of which are available through your local bank.

Wondering how to build this stash of cash? Living frugally and resourcefully is the answer. If you have the space in your new home, rent out a spare room or parking stall. Sell unused household items and consider selling your second car. Cut back on purchases you don't need and use coupons when shopping.

Ensure you have access to some money while you are building your rainy day fund. Make an arrangement with a family member to borrow temporarily, or have access to a line of credit (though it's tempting, try not to use your line of credit for anything other than an emergency). Once your fund is built, you can get rid of interim measures and enjoy your extra cash flow.

LESLEY SCORGIE

Pay it down

Cash flow. Even small cost reductions can help you save money to pay off your mortgage faster



LESLEY SCORGIE
For Metro

Prepayment options

- Wondering how fast you could pay off your mortgage if you took advantage of prepayment options? All major banks have free online calculators to run the numbers or go to Financial Consumer Agency of Canada (select resources, tools and calculators, and mortgage calculator).

Imagine being mortgage-free faster. Your cash flow would be greatly increased, allowing you to invest more and improve your overall lifestyle.

Now that you are finally feeling settled in your new home, start implementing techniques to reduce your mortgage as pain-free as possible.

Most mortgages allow you to pay extra on the principle balance without having to refinance or renegotiate the mortgage terms.

A double-up payment is simply just paying up to double the regular monthly, biweekly or semi-monthly payment. So, if your regular monthly payment is \$1,500, you could pay up to \$1,500 extra as a double-up payment each month.

Most lenders allow between 10 and 20 per cent of the original value of the mortgage as an annual lump sum payment. If your original mortgage was \$150,000 and your lender allows up to a 10 per cent annual lump sum payment, that translates into a \$15,000 lump sum payment.

If your lender will allow it, set up accelerated weekly or biweekly payments rather than monthly payments. Accelerated payments are slightly higher than regular payments and the increased frequency translates into extra payments each year.

While setting up weekly or biweekly payments, round up to nearest \$100. If your biweekly payment is \$470,

round it to \$500.

Accelerated payments can be easier for homeowners on a tight budget with fixed cash flow when compared to double-up or lump sum payments. The small extra amount is lower and becomes part of the regular payment, which can be built into a homeowner's regular budget. But if a homeowner benefits from infrequent extra money like bonuses, double-up or lump sum payments could be easier.

Wondering where you could scrounge up extra dough to pay off your mortgage faster? Anytime you receive extra money through a tax return, birthday present or bonus, put it on your mortgage. Cut back on restaurant dining, theatre tickets and shoe shopping. Bundle and renegotiate utility and cellular bills. Take on extra hours at work or turn a hobby into extra income. Even small cost reductions can save hundreds of dollars.

By making a quick call to your mortgage lender, you can determine the specific prepayment options available with your mortgage.



Most mortgages allow you to pay extra on the principle balance without having to refinance or renegotiate the mortgage terms. ISTOCKPHOTO/THINKSTOCK



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Online auction

Apollo 11 artifacts
going on sale

A U.S. auction house will soon accept bids on space and aviation artifacts, including an electrocardiogram of Apollo 11 Commander Neil Armstrong's heartbeat taken when he first set foot on the moon.

Amherst, N.H.-based RR Auction will take bids on the EKG, which registered a normal heartbeat, and other artifacts during an online auction from May 16 to 23.

Officials say more than 85 lots of Apollo 11 material will be offered in the auction.

THE ASSOCIATED PRESS

Calling all basement inventors: Industry Canada wants you

Home tinkering. Survey of consumer-innovators tries to assess how many Canadians are making the products of tomorrow in their own workshops

The federal government wants to tap into the skills of obscure basement inventors and turn their tinkering into innovative consumer products.

A new survey for Industry Canada found almost 13 per cent of Canadians are so-called "private innovators," who have improved on consumer goods or created new products in the past three years. Research in the U.S. and elsewhere has found similar numbers of ordinary basement tinkerers, regarded by some as a talent pool



Gareth Grainger, 15, skateboards in downtown Vancouver in early April. Skateboards began as roller-skate wheels nailed to boards, a home-grown product later adopted and improved by manufacturers. Now, the federal government wants to tap into the skills of similar home inventors. DARRYL DYCK/THE CANADIAN PRESS

consumer-products firms must harness to find fresh profits.

Industry Canada paid survey firm Ekos Research Associates Inc. \$80,000 to determine how many Canadians were themselves making the products of tomorrow in their workshops.

The department has said the survey is part of a larger project to encourage product development through consumer-innovators, including "framework laws, expenditure programs and regulatory-standards systems." THE CANADIAN PRESS

Online shopping. Canuck e-tailers falling behind U.S. counterparts: Report

Canadian retailers who have delayed launching a robust e-commerce website are running out of time and face "their last wake-up call," suggests a new report on the state of online shopping in Canada.

The report by the U.S.-based Forrester Research, funded in part by Canada Post and Shop.ca, is based on surveys of 1,103 Canadian online shoppers and concludes that U.S. e-tailers are becoming better positioned to steal web revenues from homegrown companies.

"In the eyes of the consumer, the downsides of buying from a U.S.-based retailer rather than a domestic Canadian retailer are dimin-

ishing. Canadian retailers should be shaking in their boots," the report says.

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer."

Forrester says about 25 per cent of online spending by Canadians already goes through international websites. And the data suggests Canadian shoppers are growing increasingly comfortable with cross-border buying.

About 68 per cent of Canadian online shoppers said they have shopped at a web store based outside Canada.

THE CANADIAN PRESS

Quoted

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer." Forrester Research report

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LESSONS TO BE LEARNED FROM BEIJING

I am writing this in a hotel room in Beijing.

Comparing an ancient city that has more than 20 times the population of Edmonton would be ludicrous. But there are things we can learn from this place. One of them is what happens when car culture runs wild.

Edmonton was built around the personal automobile — Beijing wasn't.

But it has certainly caught up and then some. There is an endless stream of cars here day and night. There have been traffic jams in Beijing that have lasted for days. You read that right. Cars were immobile, not for hours, but for days.

The lesson for us is that if you build more and more roads, people will fill them with more and more cars and eventually it is going to be difficult to move around at all.

Toronto, a much smaller city than Beijing, is already ex-



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

periencing daily gridlock that has begun to affect its economy.

If we experience the growth that is being projected for us, we could soon find ourselves in the same boat.

The other lesson Beijing has for us is about density.

We think density is about semi-detached three-storey walk-ups. Try hundreds and hundreds of 25- and 30-storey apartment buildings. Beijing has certainly shown that a very large number of people can be accommodated on a relatively small footprint. It has also shown that children can be raised in apartments and not become criminals and sociopaths. That is some-

thing Edmontonians have trouble believing, even though we need only look at the False Creek area of Vancouver to see it isn't so.

It's not by chance that local schools in False Creek are

Learning from the past before moving into the future

Sometimes, to plot a better future, we would do well to look to the past.

bursting at the seams and inner-city schools in Edmonton are being closed for a lack of students.

But the thing that I found most interesting here when thinking about Edmonton was the hutong. I don't have the space here to go into detail about the hutong in Beijing, but suffice it to say that it was ancient Beijing's version of a mix of both upscale and affordable housing.

It would be interesting to have the Municipal Airport lands developed in a similar way. The living spaces would be small, affordable and connected to each other in a way that would create a real community for the people who lived there.

Sometimes, to plot a better future, we would do well to look to the past.

ZOOM

Round 1 ... and fight!



OLIVIER MAIRE/KEystone/THE ASSOCIATED PRESS

Cows lock horns to establish hierarchy

The cow Schakira, left, fights against Champion during the traditional annual Combats de Reines (Combat of the Queens), a cow fight in Aproz, in the western Alpine canton of Valais, Switzerland, on Sunday.

Valais is home to a unique breed of cows, the Herens, also

called Eringer cows. The female cattle are robust and possess the singular characteristic of fighting among themselves to establish a hierarchy within the herd.

The behaviour of the breed has given way to the organized cow fight, which attracts stockbreeders and spectators yearly.

THE ASSOCIATED PRESS

It's an uphill battle

- The cows' ritual happens naturally every spring as the cows make their annual climb to high mountain pastures.
- The cows choose an opponent to lock horns with, and the fight ends when the defeated cow walks away. At the end of the tournament, the cow who hasn't been defeated is crowned "the queen."
- The queen becomes the leader, and guides the drove up the mountains.

Click bait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Now that the days have swung from promising to spectacular, it's past time to start stocking the summer-reading war chest. If you're already behind, don't waste any more valuable reading time wondering what to pick up. Just try these three sites for a few good recommendations instead.

Good Reads:

An all-purpose book lover's social network with author interviews, reviews and news on community events such as book swaps. But the lists are where the magic happens — compiled by thousands of readers, the simple act of suggestion becomes a sprawling epic covering endless titles. (goodreads.com)

Shelfari:

A social network that's quite a bit like Good Reads, with a similarly robust stable of lists and tag clouds. However,

Shelfari's community is a step above and throwing yourself into the mix with your own library titles and personal reviews makes it all the better. (shelfari.com)

What Should I Read Next:

Does all this talk of social networking and personal reviews sound like too much effort? This is about as simple as it gets. If *The Hunger Games* led you to *The Maze Runner* and you're wondering where to go next, plug those titles into WSIRN's search engine, and voila. (whatshouldireadnext.com)

Letters

As a teenager in Toronto, I strongly oppose underage drinking and feel that it is a growing epidemic in our society.

Recent studies have shown that more than 80 per cent of high school seniors in the U.S. admit to drinking alcohol. Further studies have shown that the average American has had his/her first drink at the age of 14. This is unacceptable, and is leading my peers into a lifestyle of substance abuse. Research shows that individuals who start drinking at a relatively early age are far more likely to become alcoholics.

Each year, approximately 5,000 deaths occur as a direct result of

underage alcohol consumption. The parents of these children need to be more involved in their children's lives, and not turn a blind eye to what they're doing. They should set boundaries and keep a close eye on the type of crowd their children are hanging around with.

I believe that underage drinking is a major problem in our society. It should be brought up to parents and children and dealt with appropriately. We should do whatever it takes to try to prevent it. Parents shouldn't allow their children to go to unsupervised parties where there's going to be drinking. I believe that the consequences should be stricter.

Rahmeh Abdul-Jabbar, Toronto

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

SCENE 2

Where's the album at?

Beyoncé. Release date rumours, album title rumours and cancelled press conferences has us all wondering the same question

MICHELLE
CASTILLO
Metro World News

Is it out? Is it coming? Why hasn't Beyoncé's album dropped? Metro walks you through the winding road of pushed back release dates.

JANUARY 10

The February 2013 GQ cover story announces that Beyoncé's album could come out as early as April. She says the album will be mostly R&B.

"I always have my Prince and rock/soul influences. There's a bit of D'Angelo, some '60s doo-wop. And Aretha and Diana Ross," she commented.

FEBRUARY 11

The singer hints that the new album will be "a lot more sensual" and "empowering." So, she's still a fierce, independent woman, but she's crazy in love and bootylicious?

MARCH 10

A fake track list for Bey's new album surfaces online. Knowing what we know now, there's probably no chance that Ratchet (feat. Lady Gaga & Azealia Banks) and More Than Sex (feat. Ne-Yo) are real songs, seeing that all the singles she has released or previewed were not on the list.

MARCH 17

Beyoncé releases Bow

Down/I Been On on her website.

"I took some time to live my life, but don't think I'm just his little wife."

MARCH 19

MediaTakeOut reports that Beyoncé's new album will come out in fall 2013 now because the two songs

that were released — Nuclear and Bow Down — were not doing so well.

"No one thought that both (songs) would fall flat. They were supposed to be her biggest two songs off the album," a source told the website.

MARCH 28

Rolling Stone reports the

new album is called Mrs. Carter (but reports on later dates say the album is yet-to-be titled).

APRIL 3

Producer The Dream says Bey has a "very sexual" track called IV Play.

"She's talking about her man, hopefully," he said

about the song during the radio program The Angie Martinez Show. "She was talking that talk. That's one of the best performances I've heard from her in that way."

APRIL 4

The new single Grown Woman is released in a minute-long Pepsi advertisement. The video features Beyoncé in a room full of mirrors. Each show a reflection of one of her old looks.

APRIL 8

MTV says in a story about Kelly Rowland that her colleague Beyoncé will release an album within eight months.

APRIL 23

Don't fret: Gwyneth Paltrow said Beyoncé's album will be out soon. She told Digital Spy that she's heard a "lot, lot, lot" of the songs, but she doesn't know which ones will be left on the cutting room floor.

APRIL 23

Beyoncé performs Grown Woman in Paris, but the unnamed album and the track still have no release date.

APRIL 25

Beyoncé debuts a 90-second clip of a new song called Standing on the Sun for her H&M ad campaign.

MAY 1

A publicist told Metro that a Beyoncé press conference in London, scheduled to promote her role in the animated film Epic, has been cancelled, along with a press screening of the film.

Perhaps this means she's finally finishing that album? Maybe.



Beyoncé has been dropping hints for a while, but she hasn't dropped an album. GETTY IMAGES



Steve Carell answers a fan question at The Office Wrap Party at PNC Field. JASON FARMER/THE ASSOCIATED PRESS

The Office. 10,000 fans show up to meet stars at Wrap Party event

The actors who play Pam, Jim, Dwight and other beloved characters from the popular NBC show The Office bade farewell on Saturday to the northeastern Pennsylvania city of Scranton that served as the TV setting for their fictional paper company.

The NBC mockumentary about a clan of quirky cubicle-dwellers wraps up May 16 after nine seasons, and a crowd estimated at 10,000 attended a Wrap Party in Scranton to show their appre-

ciation.

Jenna Fischer, John Krasinski, Rainn Wilson and other stars rode in classic convertibles and posed for hundreds of photos as fans thronged around them. The stars later took the stage in front of the Lackawanna County Courthouse and played a concert with The Scrantones.

Steve Carell, who played office boss buffoon Michael Scott, wasn't expected to make an appearance but surprised fans at a celebration

later outside the city at PNC Field, home of the New York Yankees' Triple A affiliate, The Scranton Times-Tribune reported.

On stage Saturday, Wilson paid fans the ultimate backhanded compliment — befitting his character, Dwight Schrute, a paper salesman utterly lacking in social graces.

"The Office fans are the greatest fans in the world!" he said. "Next to Seahawks fans." THE ASSOCIATED PRESS

Will: My 'supergrandma' made me who i.am

Influence. Ambitious, innovative Black Eyed Peas frontman and solo artist dedicated his latest album to the person who moulded him as a youth

Will.i.am wants to be known as a maker — not just of music, but things, from cars to head-phones.

The Black Eyed Peas frontman is computer chip-maker Intel's "director of creative innovation." He's also partnered with Coca-Cola to create a new brand of products.

Not that the seven-time Grammy winner has lost his ear for hits. Three songs from his new album, (hash)willpower — featuring Justin Bieber, Britney Spears and Miley Cyrus — are now in the Billboard Hot 100.

But will.i.am is looking well beyond pop charts to measure future success. The 38-year-old Los Angeles native sat down for a conversation that touched on topics ranging from Biggie Smalls to his late grandmother.

In one song, you quote a Notorious B.I.G. line about being on the cover of Fortune magazine. But you actually did it recently. Does that make you reflect on how far hip-hop has come?

The line is, "Willy be flossing/Geeking on the cover of



Will.i.am credits his grandma for making him who he is. MATT SAYLES/INVISION/AP

Fortune/Five double-oh sending flows to Martians." The fact that I sent a song to Mars is like "Whoaaaa!" And then being on the cover of Fortune magazine and Biggie Smalls saying that in a rhyme never having been on the cover of Fortune was just like "Whoa!" Just "whoa" moments. ... My music career had nothing to do with that. The cover of Fortune came from the other part of my career. That's philanthropy, being an entrepreneur and thinking outside the box.

Can you envision yourself doing that and not making music anymore?

I'll still make music... I'll use my music to bring awareness to the things I make. ... It's the original use of music. It's just that the people making music never participated in the things that were sold around it. For example, before there was a music industry, people played music in speakeasies and juke joints. ... And music sold radios and turntables and CD players. But the musicians never participated in that business. And if they dared sell anything outside of that circle of products, they were sellouts.

The Black Eyed Peas announced their hiatus two years ago.

When did you start working on the album?

I started working on (hash) willpower for about two, two-and-a-half years. And when you're in a group like The Black Eyed Peas and you're successful, a lot of times the company that you're with wants you to do just that. And they don't see that you can be successful outside of that. So I had to do (hash)willpower all by myself — fund it, pay for it. ... There's a lot at stake. You don't succeed, you mess up your group. ... Very few people succeed outside of a successful group. So it's been a hurdle.

You dedicated the album to your late grandmother Sarah Ann Cain. How did she influence you?

We're from the projects — East L.A. On welfare the majority of our lives. A lot of my friends are dead or in prison. Just like any urban person that comes from areas like I'm from. But my grandma was supergrandma. Ain't nobody mess with our family in my neighbourhood because everybody loved my grandma. She was the one that prayed for everybody. We were one of the first families in the projects. And I moved there out. Music allowed me. If there was anybody who sculpted me, my mind, my heart, it was my grandma. ... She's not here anymore. But she's still here.

THE ASSOCIATED PRESS

Hands of Stone. Usher aiming to be sweet as Sugar in new boxing flick

Grammy-winning singer Usher believes his dancing skills will help him in his upcoming role as Sugar Ray Leonard in Hands of Stone, a new boxing film about the great brawler Roberto Duran.

Usher said he has been preparing to play Leonard — a fighter with fast hands, smooth feet and a wide smile — for more than a year and still needs to lose nearly 25 pounds before shooting begins in October.

The movie is based on Duran, a world champion in four weight divisions over a career that spanned five decades. Duran, whose nickname was "Hands of Stone," rose from the slums of Panama to defeat an unbeaten Leonard in 1980 and claim the WBC welterweight title, only to lose the rematch several months later in the infamous "no mas" fight.

Usher said he was honoured to play Leonard in the film.

"You couldn't find a more stylized boxer than Sugar Ray Leonard," Usher said by telephone. "He was an incredible motion guy, the way he moved around the ring, and I think my dancing will make it easier for me to pick up his moves. I've been working on familiarizing myself with the ring, sparring and just understanding how to move in the ring."

The role will mean dropping some weight. Usher said he's currently about 172 pounds but will need to get down to about 150.

The cast also includes Rob-



Usher will play boxer Leonard. THE ASSOCIATED PRESS

ert De Niro as Duran's Hall of Fame trainer, Ray Arcel. Edgar Ramirez, who was recently in Zero Dark Thirty, will play Duran.

The biopic, written and directed by Jonathan Jakubowicz, is a love story and sports drama that includes the "Brawl in Montreal" and that "no mas" fight in Louisiana. In the eighth round of the fight, Duran inexplicably quit, saying in Spanish "no mas," which means "no more." They fought one more time, with Leonard winning again.

Usher said the rivalry between Leonard and Duran was one of the most exciting and unforgettable in sports. "It's an incredible story to be told," he said. "The metaphor of determination and struggle is one we can all relate to."

Usher is an eight-time Grammy-winner with more than 50 million records sold worldwide, but this will be his first movie in the leading role.

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Reese Witherspoon. ALL PHOTOS GETTY IMAGES

Reese: BFFs with cops

Reese Witherspoon is continuing the damage control after her arrest last week in Atlanta for disorderly conduct. On Saturday, the actress was spotted arriving at LAX with one curious accessory: a hat bearing the seal of the Atlanta Police Department, People.com reports. We're

guessing this is an attempt by the actress to show the world that, "Hey, the cops and I are cool, OK?" but we're just curious about how she got that hat in the first place. Was it a parting gift after her time being booked in the station? We're guessing it wasn't part of the latest swag bag she got.

Twitter



@SirPatStew

Nothing like an early start to the weekend - though not when your hotel is on fire.



@snooki

I love the smell of good hairspray



@Sethrogen

I just impulse bought a 15 pound brisket.



@mindykaling

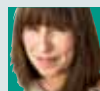
In Soho, Chanel is across the street from Crocs. High 'n low baby #nyc

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Billy Ray Cyrus is clueless and Clint Eastwood is wife-less



STARGAZING
Malene Arpe
scene@metronews.ca

As part of their divorce settlement, Joe and Tina Simpson split the life insurance policy on Jessica Simpson. Kris Jenner sends a "Kongratulations on being trail blazers" card.

Billy Ray Cyrus says even he doesn't know when Miley and Liam Hemsworth will get married.

That's not surprising. He also doesn't know that we all know he's wearing a wig.

The Kardashians vacation in Greece. That explains the recent mass demonstrations in Athens.

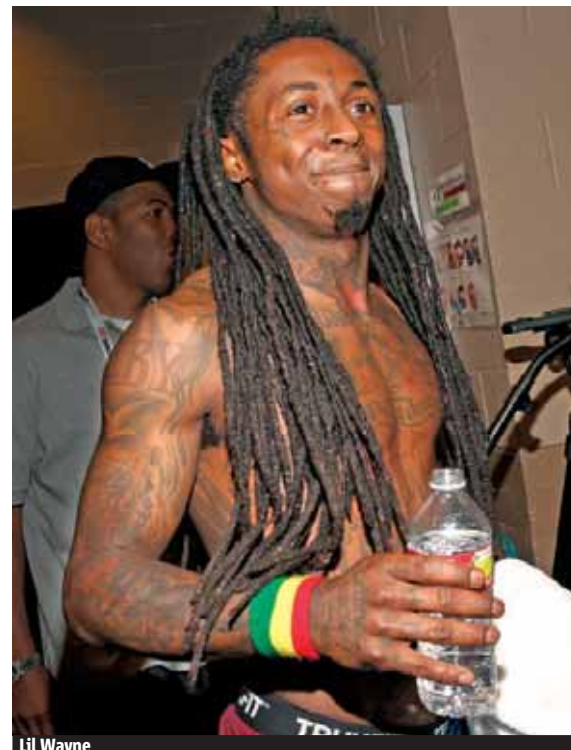
Morgan Spurlock, who's working on a film about One Direction, says the documentary will include a doctor talking about what goes on inside a

young girl's brain and body when she hears the boy band play. The doctor says, "The neural and physical symptoms are configured in such as way as to create a psychological as well as corporal matrix of stimuli and after 23 years of intensive studies of the phenomenon of boy bands and their influence on teen girls, the conclusion is Blarg! OMG! Swoonerific!"

Amidst rumours of marriage trouble, Clint Eastwood takes off his wedding ring. He also goes shopping for a new sports car, gets a tattoo and lowers the waist of his pants to a jaunty four inches below his arm pits.

Lindsay Lohan may be launching a website about "art, fashion, music and movies." It will be a lot like Gwyneth Paltrow's site, except mostly about falling down in night clubs.

Alleged comedy Two And A Half Men will be returning next season without Angus T. Jones. Thus necessitating a change of the show's name to Two Men And A Blurry Photo On A Coffee Table.



Lil Wayne

Pepsi cutting ties with Lil Wayne

PepsiCo is bowing to public pressure for the second time in a week and cutting ties to Lil Wayne over the rapper's crude reference to civil rights martyr Emmett Till in a song. Lil Wayne, one of the biggest stars in pop music, had a deal to promote the company's Mountain Dew soda.

Earlier this week, PepsiCo also pulled an online ad for the neon-coloured soda that was criticized for portraying racial stereotypes and making light of violence

toward women. That ad was developed by rapper Tyler, the Creator.

On Friday, PepsiCo said in a statement that Wayne's "offensive reference to a revered civil rights icon does not reflect the values of our brand." It declined to provide any further comment.

A publicist for Lil Wayne, Sarah Cunningham, said that the split was due to "creative differences" and that it was an amicable parting.

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metro

CAMP GUIDE

Monday, May 6, 2013



When going away to summer camp, make sure you pack extra changes of clothes for warm weather and cool weather situations. DARRIN KLIMEK/LIFESIZE/THINKSTOCK

What to pack and not to pack

With all the electronics kids have these days, from iPods to video game consoles and cellphones, parents should inquire about a camp's policy on these devices.

Cellphone use, in particular, might raise concerns about a camper's independence away from home. Those that allow cellphone use would be in the minority of camps and many camps are

simply out of range for most cellphone use anyway.

Some camps allow periodic phone calls from parents on traditional land-line phones, or will print out emails from home and distribute them like mail, but others don't allow non-emergency contact because they want to encourage a camper's adjustment and to discourage interruptions.

What you should take

with you to camp is going to vary on what camp you are attending and what activities you will be doing.

Some camps have this information available on their website or will provide you with this information when you register.

Here is a list of some of the basics, but check with your camp on what to bring and what to leave at home before

you pack. Remember to label your belongings.

What to remember:

- Swimwear and sleepwear
- Comfortable, loose clothing
- Extra changes of clothes for warm weather and cool weather
- Rain gear
- Sunscreen (or any other UV protection)
- Hat with a wide brim

- Insect repellent
- Toiletries such as soap and shampoo, etc.
- Sturdy footwear that can handle rugged terrain
- Bedding
- Several towels
- Flashlight and extra batteries
- Refillable water bottle
- Optional items such as cameras, writing supplies, musical instruments, books, games

What to leave at home:

- Portable MP3 players and other music players
- Cellphones, PDAs, etc.
- Expensive items that will devastate your child if they are broken or lost
- Too much money — a modest amount is all that's needed to buy the occasional treat or souvenir at the tuck shop.

METRO NEWS SERVICES



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Save on camp fees

Children may spend an entire year waiting until they can return to their favourite summer camp. Their parents, however, may spend the year saving up to make that return possible.

Luckily, there are resources to make summer camp a reality for all kids, no matter their financial situation.

The Costs You Can Expect

Just as the types of camps vary, so do their fees. In general, traditional residential camps can cost \$300 to \$1,000 per week, and day camps will run about \$35- to \$500. This covers access to the camp's facilities, meals, accommodation, medical services, and supervision from a trained staff. Depending on the camp, extras like transportation and laundry may also be included in the base

fee. Other costs may come in the form of supplies, equipment, and clothes. Instead of splurging, administrators recommend using whatever is already at home to keep prices down and avoid ruining newer items.

What Camps Can Do

Often, the sooner parents register their kids for camp, the more they save. Families with more than one child attending enjoy sibling discounts, and referring other campers will earn them even more fee reductions.

What Charities Can Do

Another valuable resource is a charitable organization whose mandate is to send kids to camp.

What Families Can Do

Paying for camp is increasing-

ly becoming a group effort. Grandparents, friends, and colleagues can contribute to a camper's fees. Kids can hold yard sales, do chores around the neighbourhood, or save up birthday money.

If a parent is a former camper, a great resource is his or her alma mater. Many camp directors give discounts or funding prioritization to the children of alumni, or even subsidize the cost personally.

Parents should also research the Children's Fitness Tax Credit. It allows parents to claim up to \$500 in fees spent on physical activities per child under the age of sixteen. For more information, consult the Canada Revenue Agency.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.



When selecting a day camp, research to find a program that best suits your child's needs. STOCKBYTE/THINKSTOCK

Keeping days full

There are many facilities that run day camps in the summer. It is important to do your research to find a program that fits best with your family's needs.

You may find that some camps are simply daycare programs offering a modified version of their regular curriculum, including circle time, reading, snack, and free-play in a small yard. Backyard camps can merely be programs offering little more than babysitting with a kiddie pool and a swing set. A small camp is not necessarily the right camp for your little tyke.

The right camp can provide your child with growth and confidence while being in a fun, warm and safe environment.

When looking for a day camp, you want to ensure that it offers a variety of age-appropriate activities and programs for both boys and

Also consider

- Other points to consider include: How long has the camp been in business? What first-aid facilities does the camp have? Is this a camp your child will grow with or outgrow quickly?

girls. Outdoor camps, as opposed to daycares or backyard camps, are able to offer a wider variety of activities to keep your child both engaged and excited to attend every day.

To really know what you are signing up for, make sure to visit the camp facilities with your child.

Speak to the camp director and ask lots of questions.

What type of training does the camp staff receive? Knowing how the camp staff handles meal times

and sun safety is important. With young children, the staff needs to help open lunches and containers and make sure that meals are eaten. Staff members need to encourage and ensure that campers are staying well hydrated, especially during hot days. The staff should be applying sunscreen several times a day and shouldn't expect the children to remember or apply it themselves.

What are the camper-to-staff ratios? Low staff-to-camper ratios ensure that your children receive personal attention and are treated with patience, sensitivity, and TLC.

Safety is every parent's concern and you want to ensure that the camp's infrastructure is professionally maintained and is not a makeshift facility.

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Questions you need to ask a camp director

Deciding on which camp to send your kids to can be stressful for parents. Will the camp be a good fit? What type of training do the counselors have? Will my child enjoy their time away? For parents with children who have special needs, this stress is multiplied.

Before you sign your child up for camp, here are some

questions you need to ask a camp director to ensure a fun-filled and stress-free summer for both you and your child.

- What is the camp's philosophy and approach? This question is very important in determining whether the camp, its program, and staff members are right for your child.
- Will they provide references

from parents, campers, and staff? A camp should offer you a list of families to speak with to find out more about their program, and their child's experience at camp.

- Can you visit the camp in the off-season? It's well worth the drive to camp in the off-season to see the facilities, show your child around, and have another conversation

with the directors — this time at camp instead of your living room.

- Is the camp accredited and by whom? Be certain that the camp you are considering is an accredited member of a provincial camps association or a similar organization.
- What will be the location and format for the first meeting between the camp direc-

tor and you and your child? You can tell quite a bit about what a camp is like by the style, format, and location of the initial meeting between you, your child, and the camp's director. Pay special attention to body language. Watch how your child reacts when meeting the director. Does the director engage your child, make eye contact, get

them to laugh, talk about favourite subjects, activities, concerns about going to camp, etc.

- What is the camp director's background? Camp directors set the tone for camp, so it's important that you find out about their backgrounds.

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Before your children go away to camp, sit down and have a chat with them so they will know what to expect. ISTOCKPHOTO/THINKSTOCK

A talk can ease child's anxieties

Your attitude towards the camping experience is equally as important as what the experience at the camp itself might be. Be sure you are ready to have your child leave home, that you trust them to be on their own, that you aren't fearful of the risks and rare, but possible, mishaps connected with camping.

You can prepare your child for the new and uncertain, yet highly rewarding, experience that will be encountered at camp through friendly chats about things that might seem different. You will think of many things to talk about. Here are a few to start off with:

- Darkness: You might mention the difference between the bright lights in the city at night and the quiet beauty of the star-studded evenings in the country. Sitting around the camp fire at night will seem exciting and different to youngsters.

- Noises: Normal city noises of sirens, buses, horns, airplanes will be exchanged for the sounds of small animals, the chirping of crickets, owls hooting, etc.

- Space: Undeveloped land is becoming a thing of the past. At camp, however, children have acres and acres for playing and hiking. It may be a child's first encounter with this sort of environment, and it may seem very large in comparison to what they are used to. Adults have a tendency to forget that things we long ago accepted will be adjustments for children.

- Children: Mention that there are different kinds of children and that it will require "give and take" to get along, to make friends and to get the most out of living at camp.

- Religion: People have different religious customs, but each has a right to believe in their own way.

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Answers will lead to positive experiences

If you are looking to choose a summer camp experience for your child then you already have an understanding of the positive impact summer camp can have on children.

The answers to these following questions should allow you to form reasonable expectations of the camp you choose for your campers.

1 What is the camp's staff-to-camper ratio? This ratio indicates the overall level of supervision that the camp can provide your camper. Counsellor/camper ratios should be no larger than 1-to-8 for children younger than seven, or 1-to-12 for children ages eight to 16.

2 What measures does the camp take to ensure the safety of the campers? This question addresses supervision and the quality of staff. You should learn about the ages and qualifications of the staff, the camp's protocols of supervision and risk-management (buddy systems, cabin checks), and the guidelines set for campers (boundaries, water safety).

3 What is the camp's staff return rate? A high staff



As a parent, make sure to ask a number of questions to find the right summer camp for your child. iSTOCKPHOTO/THINKSTOCK

return rate indicates good staff supervision and dedication to camp programs.

4 What programs does the camp offer? Are you

looking for a traditional and varied camp program, or a camp where campers hone a particular set of skills and/or talents?

5 How do campers choose their programs at camp? Asking for a description of a "typical day at camp" will give you a good idea of the

campers' schedule, and will help you determine whether or not the campers' time is being spent productively, actively, and enjoyably.

6 What does the camp director/staff want the campers to take away with them at the end of their camping experience? The camp director's answer to this question will reveal the overall values and philosophies of the camp.

7 How does the camp and staff deal with issues like homesickness, bullying, and campers with special needs? Staff should be trained in such areas as age-appropriate needs, behaviour management, methods of inclusion, and skill development.

8 What is the camp director's background and what are their qualifications? The camp director's age, experience, education, character, and overall level of maturity will determine their ability to run the camp safely, smoothly, and interact appropriately with staff and campers. The camp director is the person ultimately responsible for the care of your camper.

9 What kind of health-care facility/staff is available to the campers? Safety should be of the utmost importance at any camp.

METRO NEWS SERVICES



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Various learning phases

Being a parent through the ages and stages of childhood is demanding but also rewarding, especially when you see your child flourish. Remember to include camp on your best-choice list of places where that happens.

Here is a quick guide to understand how kids at various ages grow and learn at summer camps.

Your child is four to six years old — they are a sponge for information. For kids at this stage, camp offers early social experiences that they won't have available through any other means. Camp also exposes them to adult leaders other than parents.

Your child is seven to nine — they are developing their own interests. Camp can help them explore these interests through activities such as drama, computer and tech or specific sports. Camp also offers new opportunities to socialize and take on new challenges.

Your child is 10 to 12 — they are graduating into adolescence and are torn between being a kid and acting older. Camp offers these tweens/



Summer camp is an opportunity for children to learn and grow. FUSE/THINKSTOCK

preteens an outlet to be themselves among their peers. They also meet kids of different backgrounds and abilities.

Your child is 13 to 15 — they are beginning to stretch their adolescent wings at an age many people find to be one of the most difficult or challenging phases in life. Kids this age are learning who they are, dealing with the attitudes of others and developing self-esteem. Camp offers these children an en-

vironment where they can start and foster friendships and can grow self-esteem through mentoring those who are younger.

Your child is 16 and older — they are developing a firm idea of who they are. Camp offers strong, older role models as well as the opportunity for them to act as one to younger children.

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Camper FAQ. Nerves are natural for young kids

Camping Association of Nova Scotia compiled these frequently asked questions that parents and new campers often have. If you have specific questions, don't hesitate to contact the camps.

I am a little nervous. What if I do not know anyone?

It can be scary, especially if you are shy, going to camp when you don't have any friends going with you. One of the great things about summer camp is that you will get to know a ton of people. You may not have any good friends going to camp with you, but you will leave camp with some great new friends. Remember that there are lots of other campers who will be in the same boat when they arrive, and you aren't not alone in feeling a little nervous.

What if someone is bullying me? (or a friend?)

Firstly, you should know that counsellors and directors are available, able, and willing to intervene if something goes

wrong. There are a variety of ways counsellors can directly engage children in bullying prevention. Cabin chats, all-camp meetings, and campfire talks are ideal situations for campers and counsellors to establish rules that promote respect, and discuss concerns about bullying behaviors or incidents.

What if I get sick?

If you find yourself not feeling well you should let someone know like a counsellor, director, or the camp nurse. Your counsellor can tell you who on staff to see for medical advice or help or take you to that person. It's important to let someone know if you are feeling sick because you want to stay safe and healthy and also make sure others are safe and healthy.

What if I am afraid of bees, water, the dark, etc.?

If there is anything you uncomfortable with, you should let someone know. None of your counsellors or new

friends want you to feel uncomfortable. If you are afraid to walk somewhere alone, ask a buddy; if you are feeling anxiety about the water, tell a counsellor. It's your time to have fun at camp, so be sure to tell someone if you are feeling anxious or uncomfortable so they can help make the best of your camp experience.

Should I bring money to camp?

You probably won't want a lot of money with you at camp. Unless the camp tells you specifically of something you need money for, you will likely only need it for the canteen or tuck shop.

What about special dietary needs?

If you have special dietary needs, for example allergies, diabetes, lactose intolerance, or are vegetarian, it's important to contact the camp ahead of time to make sure they can accommodate your needs and are prepared for when you arrive. **METRO NEWS SERVICES**



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Cooperation

Don't ask your kids, tell them

Do not pose instructions as a question.

"Do you want to put your mitts on?" will often get a reply of "NO!"

Use an "it's time to..."

statement.

"It's time to put your mitts on."

If "NO!" still happens you can say, "Oh, I didn't ask you, I was just letting you know what time it is."

ANDREA MAIR OF
YUMMYMUMMYCLUB.CA

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3 TIME

Where does religion fit in?

Soul searching. Mom worries if she should be introducing some spirituality into her child's upbringing

JULIE M
GREEN
YummyMummyClub.ca

After a recent near-miss faux pas (whereby I almost signed off an email wishing a Jewish acquaintance a Happy Easter), religion is at the forefront of my thoughts.

Though we were both raised Catholic, my husband and I made a conscious decision to eschew religion when raising our son. At the risk of facing the ire of in-laws, we decided not to christen him or to subject him to regular mass or sacraments. He is attending a public school.

Like many parents, we do not want to force a particular faith onto our child. Rather, we want him to make an informed decision about his own spirituality when he is old and mature enough to do



Should children be introduced to religion or allowed to make up their own mind when they are able? ISTOCK

so. Until then, we try to impart our Christian values in a loose, fairy tale way. While it may be naive of me to think you can cherry pick parts of

a given religion and discard those that leave a bad aftertaste, so be it. Yet part of me wonders if agnosticism is truly the right move.

I wonder whether he is missing out on a distinct sense of community and tradition. When you don't belong to a religion, you are adrift.

You have friends and family, sure, but no spiritual raft. Are we doing our son a disservice by leaving him out at sea with no oar?

For those who staunchly believe, faith creates order out of chaos, meaning out of meaninglessness. But at heart I'm a Lennonist (not to be confused with Leninist!). As in John Lennon, of Beatles All-You-Need-is-Love, fame.

I'm a big believer in love over rites and rituals. Given the choice, I'll choose human kindness and acceptance over doctrine and dogma any day of the week. Jesus loved sinners. However, I've come to the sad conclusion that the Church does not. But who knows what will happen with a fresh new pope in situ.

Though I wouldn't liken a religious upbringing with child abuse, as some atheists famously do, I question whether it is selfish to blackball my son's spiritual education. If we don't teach him, how will he know what he's missing? Will he resent us for not versing him in the ways of the Bible or introducing him to God, Allah, and Buddha?

Want a perfect photo? Use whiskey

When I photograph my kids, there is one basic understanding that I have with them: I just need ONE good photo.

The faster that they cooperate and give me that one photo, the faster they are free to go and build Lego/colour/play Minecraft. If they grimace or scowl, they just drag out the process. I don't want to spend an hour taking photos, and they don't want to spend an hour posing. This doesn't always work when your kids are wee, of course.

Scowls aside, here are five tips for taking great photos of your kids.

1. Use whiskey

Not the beverage; the word.

Unless, of course, a shot of whiskey is your thing. If you try to make your kids smile by telling them to say "cheese" their smiles will look cheesy. If you have them say "whiskey" (or "monkey" if you have an adverse reaction to whiskey), their smiles look more natural.

2. Shoot them (off-centered)

The technical term is "Rule Of Thirds," but the gist of it is this: You do not want them right smack in the middle of the frame. Move them to the right or left of centre and you will have a shot that is instantly better.

3. Fill the frame

If you are hoping to capture a good portrait of your child, zoom in and fill a large portion of the frame with her face. To get an even more dynamic shot, crop out the top part of her head.

4. Catch them when they aren't looking

We all seem to be programmed that the best shots are the ones where our children are looking at the camera smiling the perfect smile, and showing the world how adorable they are. Sometimes a great photo of them occurs when they are not even aware that you are snapping their photo.



Tell the kids to say 'monkey' instead of 'cheese' and you'll end up with a less 'cheesy' smile. ISTOCK

5. Break all of the rules

Try different angles, different perspectives, different crops.

You may end up with a photo that is timeless.

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If you think you have little or no experience to offer prospective employers, think again, says Sandy Johnson, vice-president of NEXCareer.

We all get experience and skills from different places and various aspects of our lives, says Johnson. These versatile talents that serve you well in different jobs are often identified as "transferable skills."

"Sometimes we have difficulty seeing these competencies because they're such an integral part of who we are that we don't notice them," says Johnson. "But they're the same ones that make us stand apart."

If you are looking for a new job, identifying your transferable skills is the start to exploring what's next. Then, your goal should be to articulate skills in a way that a prospective employer can understand how they relate to the role that they're trying to fill.

"You need to connect the dots for employers so that they can see how you can bring value to their organization," Johnson says.

Here are five common roles and some examples of their transferable skills:

Full-time parent/ homemaker:

"This is a huge job that is so all encompassing, and some of the skills can be translated into a business context," Johnson says. For example, maintaining your home and property may require similar expertise to



Perhaps you'd like to forget the time that you dealt with customer complaints, but if you kept your cool in these difficult situations, that could be a serious plus for your CV. ISTOCK

What are my strengths, sister?

It's helpful to have somebody to consult with when you're identifying your transferable skills. Other people can sometimes see your talents more clearly than you can see them yourself, says Johnson. Here's a quick exercise to help.

- Write down skills that contributed to past accomplishments (for

example, leadership skills on your basketball team, planning skills for organizing an event).

- Write down skills you've been complimented on (for example, you have been told that you are a good listener or have great interpersonal skills).

managing an office when it comes to selecting contractors or other suppliers. A homemaker has the skills to facilitate smooth daily operations much like skills that are valued in the workplace — project management skills (booking a family holiday), negotiation skills (you do it every day with your kids), and time management skills (reacting to changing priorities at home).

Labourer

Manual and other labourers have a range of transferable skills, says Johnson. "The ability to take direction and work independently as well as take initiative and deliver results is highly valued in many roles." Labourers are often task-oriented and show strong problem-solving skills to ensure a job well done within certain requirements and time frame (for example, finding faster/better ways to have flats of flowers planted by noon or dividing responsibilities amongst team members to accelerate the process).

Administrative assistant

Whether supporting one person or a team, this type of position demands organizational and planning skills, management of multiple parties with conflicting agendas and needs (boss, team members, clients, suppliers, etc.), confidentiality and discretion, multi-tasking and prioritizing, ability to improvise and being able to calmly make decisions.

Call centre representative

"Working with the public can be incredibly challenging because you're often on the receiving end of complaints and negative feedback. The ability to provide diplomatic and courteous service while making sure the customer is heard is a huge skill-set, appreciated everywhere," says Johnson. You need to demonstrate exceptional communication skills not just with the customer but with the rest of the team as well. This position entails diagnosing problems and offering solutions. You've got to be able to think on your feet and know when to escalate an issue. Follow-up and follow through are important.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



Give me a break!

When can I soak up the sun? You've just landed a new job but you're itching to jet away. Is it too soon to put in the request?

JULIA WEST
Metro World News in New York

The season for summer getaways is fast approaching. But for those who are still wet behind the ears in a new position, is vacation really a possibility? Some companies have a clear policy of when an employee can cash in on paid time off, while others are more vague.

We asked the experts just how soon is too soon when you're a recent hire.

The first ninety days at a company are usually a trial period when the employee gets situated. In most cases, paid time off is accrued after that.

"For this reason, it is gen-

Vacation consideration

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period. And defer to the vacation requests of more tenured staff whenever possible."

Tina I. Hamilton
President and CEO of
hireVision Group, Inc.

erally advisable to not take a lengthy vacation, more than two days off, for at least six months.

"Even better — wait until you have completed your first year at your new job," suggests Lahle Wolfe, writer for About.com's Guide to Women in Business.

If you have travel plans prior to starting, it's best to be upfront about it.

"If you know you have a major vacation planned when you receive a job offer,

it's best to be honest about it with the hiring manager," says Lori Hourigan, regional manager for staffing firm Robert Half.

"If you explain the situation and give enough advanced notice, most supervisors will try to accommodate your existing plans."

When you don't have pre-standing plans it's important to go into vacation negotiation delicately.

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period," Tina I. Hamilton, a professional in human resources and president and CEO of hireVision Group, Inc. "And defer to the vacation requests of more tenured staff whenever possible. These considerations will pay off for you in the long run, and as you get established, your peers will do the same for you."

Make yourself comfortable at work, live it up when the weekends come and start planning an outstanding vacation for next year.



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NURSING WEEK

Monday, May 6, 2013



National Nursing Week is celebrated by nurses of both genders, in communities across Canada. Their story is still being written. ISTOCKPHOTO/THINKSTOCK

Nursing profession continues to evolve

CHRIS EDWARDS
For Metro

National Nursing Week celebrates a profession with a complex history. While some may know the story of Florence Nightingale, hers is but one moment in the development of the nurse — a role that has evolved from servant and helper to independent, organized, medical leader.

Canadian nursing, as we

know it today, is the product of reform. New medical technologies, along with advances in hygiene, had allowed Canadians, by the middle of the 19th century, to see the hospital as a place to go for care, rather than simply a place to die.

Nursing came to be seen as an acceptable career for women. Nightingale, the British nurse who proved her mettle in the Crimean War, helped make that possible.

She agreed to provide lodgings and salary to nurses who followed her to the Crimea; in exchange, they abided by her rules. She emphasized both training and conduct, and worked to differentiate the role of nurse from that of the doctor, sometimes with difficulty.

Nightingale's ideas found their way to Canada. The first Canadian training school for nurses, part of the St. Catharines General Hospital, opened

in 1873. By 1909, there were 70 such schools in the country. This period also saw the formation of a national representative body for nurses, now known as the Canadian Nurses Association (CNA).

Nursing, as a profession, had grown in popularity and esteem. But Nightingale's emphasis on the subordinate role of the nurse — and, by extension, of women — still had to be challenged.

The outbreak of the

Second World War again put emphasis on the role of the Canadian nurse — and led to a shortage of them. The federal government intervened, allocating funds for nursing education, while publicity campaigns reached out to young women who, suddenly, had more career options available to them. In the years that followed, union activity among nurses increased — many advocated for improved working condi-

tions and better pay.

Calls for a day of recognition began around this time. The International Council of Nurses first celebrated a Nursing Day in 1965; and, in 1974, the U.S. government established National Nursing Week. The Canadian government followed suit in 1985.

Today, National Nursing Week is celebrated by nurses of both genders, in communities across Canada. Their story is still being written.



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The Canadian Nurses Association has launched a campaign to raise awareness about nurse practitioners.

ISTOCKPHOTO/THINKSTOCK

Campaign. Nurses say 'It's about time'

Harness full capabilities

"Nurse practitioners have been an important part of Canada's health-care system for decades. But Canadians would get a lot more benefit if the health-care system allowed more NPs to work to their full scope of practice. Given the current strains on our system, there's no better time to harness the full capabilities and expertise of NPs."

Barb Mildon, Canadian Nurses Association president

The Canadian Nurses Association (CNA) campaign to raise awareness about nurse practitioners (NPs), which focuses on how NPs improve access to quality health care and reduce wait times, was recently launched on Prince Edward Island.

More than four million Canadians are without access to a primary health-care provider, while those that have one often have difficulty accessing care. The result is an unsustainable, heavily burdened and overcrowded health-care system. As the national professional voice of registered nurses (RNs), the CNA strongly believes that adding more NPs will improve access, lead to a greater number of health-care options and enhance care for the whole patient.

"Nurse practitioners have been an important part of Canada's health-care system for decades," said CNA president Barb Mildon. "But Canadians would get a lot more benefit

capabilities and expertise of NPs. They're an existing resource with a track record for improving Canadians' access to primary health care."

NPs are RNs with additional education, advanced knowledge and nursing experience, who work collaboratively with other nursing colleagues and health-care providers. They deliver and co-ordinate high-quality care, order tests, prescribe medications, and diagnose and manage chronic illnesses. NPs are part of health-care teams in a variety of settings, including community clinics, doctors' offices, nursing homes and hospitals. In B.C., Alberta and Ontario, NPs have authority to admit and discharge patients in hospitals and other facilities.

The campaign — whose slogan is "Nurse Practitioners: It's About Time!" — is led by the CNA, in conjunction with ARNPEI.

METRO NEWS SERVICES

if the health-care system allowed more NPs to work to their full scope of practice. Given the current strains on our system, there's no better time to harness the full

"THERE'S A NURSE IN MY LIFE."

"I have a nurse in my life. Someone with a huge heart, dedicated to helping people in difficult times. A professional who never stops learning. An advocate for the well-being of her patients, our family and our community."

Almost everyone has a nurse in their life. May 6 to 12 is Nursing Week. It's a great time to recognize the nurse in yours.



United Nurses of Alberta

UNA.AB.CA

South Meets West: Fried chicken with an Asian twist



Miso-Smothered Chicken. MATTHEW MEAD/THE ASSOCIATED PRESS

The U.S. South's love affair with fried chicken is being challenged by an unlikely influ-

ence: The North. Southern food has always been a confluence of cultures, it just happens that

it's now the North that is infusing its ideas in the culinary mix.

This chicken dinner by Brooklyn-born Kentucky chef Edward Lee blends a staple of Southern cooking with two Asian ingredients.

1. In a large bowl, mix flour, salt, cayenne and garlic powder. Add chicken and toss to coat.
2. In a medium Dutch oven over medium, heat the oil until it shimmers. Add chicken pieces skin-side down and cook, turning once, 8 to 10 minutes. Transfer chicken to a paper-towel-lined plate and set aside.
3. Pour off all but 30 ml (2 tbsp) of oil from the pot. Reduce heat to medium-low and add onions. Cook, stirring occasionally, 12 to 15 minutes. Stir in garlic and cook for 1 minute. Add bourbon and cook until liquid has evaporated, about 2 minutes.
4. Stir in chicken stock, orange juice, soy sauce and miso and bring to a simmer. Return chicken to the pot, cover

and simmer until it is cooked through, about 30 minutes.

5. Add mushrooms and simmer, uncovered, until they are tender and the sauce is the consistency of a gravy, about 10 to 15 minutes longer. Serve with rice. **THE ASSOCIATED PRESS**

Ingredients

- 125 ml (1/2 cup) flour
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) cayenne pepper
- 5 ml (1 tsp) garlic powder
- 4 bone-in, skin-on chicken thighs
- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) chopped onions
- 15 ml (1 tbsp) minced garlic
- 80 ml (1/3 cup) bourbon
- 500 ml (2 cups) chicken stock
- 100 ml (1/2 cup) orange juice
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark miso
- 8 oz shiitake mushrooms, stems discarded, thinly sliced
- Cooked rice, to serve

Lunch. Honey-Paprika Chicken With Roasted Oranges



Ingredients

- 4 navel oranges
- 50 ml (1/4 cup) smoked paprika
- 30 ml (2 tbsp) garlic powder
- 10 ml (2 tsp) chili powder
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground dry ginger
- 50 ml (1/4 cup) honey
- 30 ml (2 tbsp) chicken broth
- 2 lbs boneless, skinless chicken thighs
- 250 ml (1 cup) mixed marinated olives, sliced

2. Slice off and discard the ends of oranges. Cut each orange into 4 thick slices. Arrange slices in a layer over baking sheet.
3. In a small bowl, mix together paprika, garlic powder, chili powder, salt, cumin and ginger. Stir in honey and broth to form a thick paste. Rub the paste thickly and completely over each chicken thigh, then set the thighs in an even layer over the orange slices. Scatter the olives over the chicken. Roast for 25 minutes, or until the chicken reaches 165 F.
4. Divide chicken and olives between 8 plates. Use tongs to squeeze 1 or 2 orange slices over each serving.

THE ASSOCIATED PRESS

1. Heat the oven to 200 C (400 F). Coat a rimmed baking sheet with cooking spray.

Brighten up your poultry's day with a citrus treatment



Citrus Roasted Chicken and Gravy. KAREN HUMPHREY/YUMMYMUMMYCLUB.CA

1. Preheat oven to 175 C (350 F). Dry chickens inside and out with paper towels. In a large roasting pan, stack and arrange most of the carrots, celery, some garlic, lemon and onion. Stuff each chicken with some garlic, lemon, herbs and celery.
2. Run your fingers under the skin of the chickens' breasts, being careful not to

- rip the skin but separating it from the meat. Slide orange slices under the skin next to the meat, layering them as you go. Dot with butter and push sprigs of the herbs under the skin as well.
3. Rub skin with olive oil, then sprinkle well with salt, pepper and paprika. Truss legs with twine and put chicken on top of the veggies

in the pan.

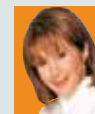
4. Cover chickens with foil and bake 45 minutes. Take off foil and bake for about another 45-50 minutes. Remove pan from oven and let sit for about 20 minutes. Place cutting board inside a rimmed cookie sheet to catch the juices, and remove chicken to cutting board and cover with foil to let it rest longer while you make the gravy.

5. Pour pan juices and vegetables from roasting pan and the vegetables and herbs from the insides of the chickens into a large pot and mash the whole thing up. Sprinkle with flour and mix well, with the pan on medium-low heat. Add wine and chicken broth, stirring, for about 10 minutes.

6. When gravy is thick, take the pot off the heat and strain gravy through a sieve into a bowl, pushing all the liquid through the mashed vegetables. Mix together 15 ml (1 tbsp) cornstarch with about 45 ml (3 tbsp) of cold water and stir it into the gravy, then continue to stir

Healthy eating

Choose it and lose it



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Everything in moderation is the key — especially when it comes to pastries. But some items are better left on the shelf.



Gourmet Cupcake With Icing

1125 cal/ 61 g fat/ 117 g sugar
Next time you're ready to inhale that cupcake, remember you're consuming close to your daily calories, fat and three days' worth of sugar!

Equivalent

One gourmet cupcake with icing is equivalent in calories to two cans of whipped cream.



4 French Macaroons

280 cal/ 13 g fat/ 28 g sugar
These wonderful and different flavoured macaroons are filled with buttercream, and are more satisfying than the jumbo cupcake.



Ingredients

- 2 frying chickens, about 2 1/2-3 lbs each
- 3 carrots
- 4 stalks of celery, cut in half
- 1 head garlic, cloves separated and crushed
- 2 lemons, cut into quarters
- 1 onion, cut into 6 pieces
- 3 sprigs each of fresh thyme, rosemary, and sage
- 3-4 navel oranges, cut in half and thinly sliced
- 30 ml (2 tbsp) butter, softened
- olive oil
- salt and pepper
- 2 ml (1/2 tsp) paprika
- 10 ml (2 tbsp) flour
- 100 ml (1/2 cup) dry white wine (optional, you can use chicken broth or cider instead)
- 500 ml (2 cups) chicken broth
- 15 ml (1 tbsp) cornstarch
- 45 ml (3 tbsp) cold water

and cook over medium low heat until it becomes thicker. Carve up the chickens and serve with the gravy and mashed potatoes.

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NHL playoffs

Kunitz caps topsy-turvy Penguins win on Long Island

Chris Kunitz scored his second power-play goal of the game 8:34 into overtime, off a pass from Sidney Crosby, and the Pittsburgh Penguins shook off an early deficit and a late blown lead to beat the New York Islanders 5-4 on Sunday in Game 3 of the first-round series.

The Pens rode ups and downs in taking a 2-1 lead in the series.

Pittsburgh trailed 2-0 just 5:41 in but rallied to lead 3-2 before the first period was over. The Penguins seemed in control in the third, but New York erased a 4-2 deficit on goals by Kyle Okposo and John Tavares.

THE ASSOCIATED PRESS

World championship

Swiss expose holes in Canada's game

Lindy Ruff was left wishing for selfishness from his talented Canadian forwards Sunday at the IIHF World Hockey Championship.

Too much passing and not enough shooting in regulation were the root causes of a 3-2 shootout loss to Switzerland.

Canada passed the puck around for 34 seconds with an extra attacker and never got a shot away during a delayed penalty early in the second period. Switzerland intercepted a pass to kill the play.

The Canadians mustered just three shots on Martin Gerber in the first period and 21 in regulation. Gerber stopped Matt Duchene for the win after Reto Suri scored his second of the shootout on Canada's Mike Smith. THE CANADIAN PRESS



The Montreal Canadiens and Ottawa Senators fight during the first period of Game 3 of their first-round playoff series on Sunday night in Ottawa. The Sens won the fight-filled affair to take a 2-1 series lead. FRED CHARTRAND/THE CANADIAN PRESS

Senators have Habs back on their heels

NHL playoffs.

Canadiens unable to raise level of play to match hosts as Ottawa grabs 2-1 series lead

Jean-Gabriel Pageau's bloody smile told the tale of the Senators' Game 3 victory over the Montreal Canadiens on Sunday night.

The 20-year-old rookie lost a tooth while scoring his first NHL hat trick in a fight-filled, emotional 6-1 win that gave Ottawa a 2-1 lead in the best-

Game 3	
6	1
Senators	Canadiens

of-seven quarter-final series.

The 20,249 on hand at Ottawa's Scotiabank Place could be heard chanting Pageau's name and the Ottawa native says he's hoping to give them the opportunity to do it again.

"It was good motivation and forced me to push myself

to keep going," Pageau said. "They liked my game and I didn't want to disappoint them after that."

The third period started out with the Senators leading 2-1, but after Pageau's second goal of the night and a Kyle Turris marker made it 4-1, emotions overflowed and a line brawl broke out at centre ice.

Turris' goal seven minutes in, his first of the series, put the game out of reach and on the ensuing faceoff five fights broke out.

"I thought we handled ourselves well under the circumstances and the duress we were put under and we

defended ourselves," Ottawa coach Paul MacLean said.

The Senators ended up with the man advantage after the brawl and Jakob Silfverberg scored on the power play as he beat Habs goalie Carey Price up high to make it 5-1 with more than 12 minutes remaining.

More penalties were taken and at one point Ottawa was left with just five players on the bench, while Montreal had six.

A total of 236 penalty minutes was handed out, with 129 to Montreal and 107 to Ottawa, setting a new record.

THE CANADIAN PRESS

Wild climb back into series with Hawks



The Wild celebrate Jason Zucker's winning goal against the Blackhawks on Sunday in St. Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

Beating the Chicago Blackhawks usually requires a certain kind of performance: Bruising, aggressive and unflappable.

That's precisely what the Minnesota Wild produced, entertaining the fans at their first home playoff game in five years.

They had a little luck, too, when Jason Zucker blindly sent his bad-angle overtime shot toward the goal.

Zucker scored at 2:15 of the extra period to give the Wild

Game 3	
3	2
Wild	Blackhawks

a 3-2 victory on Sunday to pull within 2-1 in the Western Conference first-round series.

"I don't know if I even saw the net. I probably didn't even

look at the net," said the rookie Zucker, who raced to the corner and jumped against the glass to celebrate. "I just tried shooting it, and it happened to go in for me."

Pierre-Marc Bouchard had a goal for the Wild after Johnny Oduya scored for the Hawks late in the first.

Zach Parise's first goal of the series came early in the third period, but Duncan Keith got one back for the Blackhawks with 2:46 left in regulation.

THE ASSOCIATED PRESS



University of Calgary Dinos defensive tackle Linden Gaydosh, of Peace River, Alta., holds the Peter Gorman trophy as rookie of the year at the CIS awards ceremony in 2009 in Quebec City. Gaydosh says he is anxious to know the outcome of the CFL draft on Monday. JACQUES BOISSINOT/THE CANADIAN PRESS FILE

Gaydosh no longer in control of his destiny on draft day

CFL draft. Where the talented tackle will land still a toss-up with at least 4 teams interested

Linden Gaydosh is used to being in control.

For four years, the Calgary Dinos' six-foot-three, 314-pound defensive tackle routinely was able to impose his will on the football field. Then this off-season, the native of Peace River, Alta., had ultimate influence on his workout results before CFL officials, as well as his conduct in the one-on-one interviews afterwards.

But now Gaydosh finds himself in unfamiliar territory. He has no control over where he'll be taken on Monday in the CFL draft.

"At this point, it's all out of my hands," Gaydosh said. "That (uncertainty) has been tough."

"I really don't know what I'm getting myself into and what's going on just yet. I can't wait until the draft, when I know for sure."

Gaydosh won't have to wait long, since he's the decided favourite to go first overall. What city he'll call home, though, remains unclear.

Hamilton has the No. 1 selection and is certainly interested in Gaydosh, flying him in on Friday for a meeting with head coach/GM Kent Austin and the club brass. That was a day after the Ticats sat down with Dinos linebacker Mike Edem, another projected first-round selection.

But at least three other clubs — Winnipeg and, reportedly, Toronto and B.C. — have approached the Ticats about

The big leagues

"It's going to be a whole other step up, a whole lot faster."

Defensive tackle Linden Gaydosh on his forthcoming transition into the CFL.

trading for the first overall pick.

Austin said Friday he's willing to listen to other GMs and wouldn't be against trading the No. 1 selection if the right deal came along.

Gaydosh admits he's flattered to be mentioned as a possible No. 1 pick and if he goes first overall he'll enjoy allowing his family to revel in it. But he says it won't consume him.

"I know it's just an opportunity," he said. "It's not a guarantee."

THE CANADIAN PRESS

NBA playoffs

Pacers pounce on Knicks in Game 1

David West scored 20 points, Paul George added 19 and the Indiana Pacers beat the New York Knicks 102-95 on Sunday in Game 1 of the Eastern Conference semifinals.

THE ASSOCIATED PRESS

NBA playoffs

Durant delivers as OKC tops Grizz

Kevin Durant scored 35 points and hit a pair of jumpers in the final minute to lift the Oklahoma City Thunder to a 93-91 victory over the Memphis Grizzlies on Sunday in Game 1 of the Western Conference semifinals. THE ASSOCIATED PRESS



Derek Fisher, left, and Kevin Durant celebrate on Sunday in Oklahoma City. GETTY IMAGES

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NHL PLAYOFFS

CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh leads 2-1)

Sunday's result

Pittsburgh 5 N.Y. Islanders 4 (OT)

Tuesday's game

Pittsburgh at N.Y. Islanders, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)

(Ottawa leads 2-1)

Sunday's result

Ottawa 6 Montreal 1

Tuesday's game

Montreal at Ottawa, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)

(Washington leads 2-0)

Saturday's result

Washington 1 NY Rangers 0 (OT)

Monday's game

Washington at NY Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)

(Series tied 1-1)

Saturday's result

Toronto 4 Boston 2

Monday's game

Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

(Chicago leads 2-1)

Sunday's result

Minnesota 3 Chicago 2 (OT)

Tuesday's game

Chicago at Minnesota, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)

(Anaheim leads 2-1)

Saturday's result

Anaheim 4 Detroit 0

Monday's game

Anaheim at Detroit, 8 p.m.

VANCOUVER (3) VS. SAN JOSE (6)

(San Jose leads 2-0)

Sunday's result

Vancouver at San Jose

Tuesday's game

Vancouver at San Jose, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)

(St. Louis leads 2-1)

Saturday's result

Los Angeles 1 St. Louis 0

Monday's game

St. Louis at Los Angeles, 10 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	20	11	.645	—
New York	18	12	.600	1½
Baltimore	19	13	.594	1½
Tampa Bay	14	16	.467	5½
Toronto	11	21	.344	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	10	.630	½
Cleveland	14	14	.500	4
Minnesota	13	14	.481	4½
Chicago	12	17	.414	6½

WEST DIVISION

	W	L	Pct	GB
Texas	20	11	.645	—
Oakland	18	14	.563	2½
Seattle	15	18	.455	6
Los Angeles	11	20	.355	9
Houston	8	24	.250	12½

Sunday's results

Toronto 10 Seattle 2

Texas 4 Boston 3

Oakland 5 N.Y. Yankees 4

Minnesota 4 Cleveland 2

Kansas City 6 Chicago White Sox 5 (10 inn.)

Baltimore 8 L.A. Angels 4

Detroit 9 Houston 0

Saturday's results

Seattle 8 Toronto 1

Texas 5 Boston 1

Baltimore 5 L.A. Angels 4 (10 inn.)

Kansas City 2 Chicago White Sox 0

N.Y. Yankees 4 Oakland 2

Cleveland 7 Minnesota 3

Detroit 18 Houston 2

NATIONAL LEAGUE

Sunday's results

San Francisco 4 L.A. Dodgers 3

St. Louis 10 Milwaukee 1

Cincinnati 7 Chicago Cubs 4

Atlanta 9 N.Y. Mets 4

Miami 14 Philadelphia 2

Tampa Bay 8 Colorado 3

San Diego 5 Arizona 1

Washington 6 Pittsburgh 2

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)

Monday's game

Chicago at Miami, 7 p.m.

Wednesday's game

Chicago at Miami, 7 p.m.

Friday's game

Miami at Chicago, 8 p.m.

NEW YORK (2) VS. INDIANA (3)

(Indiana leads 1-0)

Sunday's result

Indiana 102 New York 95

Tuesday's game

Indiana at New York, 7 p.m.

Saturday, May 11

New York at Indiana, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V. MEMPHIS (5)

(Oklahoma City leads 1-0)

Sunday's result

Oklahoma City 93 Memphis 91

Tuesday's game

Memphis at Oklahoma City, 9:30 p.m.

Saturday, May 11

Oklahoma City at Memphis, 5 p.m.

SAN ANTONIO (2) V. GOLDEN STATE (6)

Monday's game

Golden State at San Antonio, 9:30 p.m.

Wednesday's game

Golden State at San Antonio, 9:30 p.m.

Friday's game

San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Sunday's results

Kansas City 4 Chivas USA 0

Houston at Los Angeles

Saturday's results

Colorado 1 Toronto 0

Salt Lake 2 Vancouver 0

Philadelphia 2 Seattle 2

San Jose 2 Montreal 2

New York 1 Columbus 0

Horoscopes

Aries

March 21 - April 20

You have nothing to prove and nothing to feel bad about, so don't even think of trying to explain yourself to those who don't approve of your aims or your methods. What do you care what they think!

Taurus

April 21 - May 21

It is a fact of life that some people rub you up the wrong way no matter how hard you try to like them. You will have to deal with such a person today.

Gemini

May 22 - June 21

You seem to believe that a friend has let you down and you are so annoyed that you may even be thinking of cutting your ties with them. Don't! According to the planets it's all a big misunderstanding.

Cancer

June 22 - July 23

If you feel less than motivated as the new week begins then don't force yourself to do things you know you won't enjoy. Not even a Cancer can be on top form all the time.

Leo

July 24 - Aug. 23

Whatever you do today make sure you do it to the very best of your abilities. If you don't you could draw the unwelcome attention of someone in power. Think of your reputation: make a good job a brilliant one.

Virgo

Aug. 24 - Sept. 23

What took place over the weekend may not have been to your liking but neither was it as bad as you think. This week's aspects are a lot more promising.

Libra

Sept. 24 - Oct. 23

Try not to take life too seriously today. Find ways to see the amusing side in everything that happens. Even the most solemn of situations can be god for a laugh.

Scorpio

Oct. 24 - Nov. 22

The world is full of possibilities but you seem determined to focus on the negative things. Why is that? Whatever the reason you need to snap out of it fast. Opportunities are everywhere.

Sagittarius

Nov. 23 - Dec. 21

You will have to put up with an annoying person today, the kind of person you would usually cross the road to avoid. Try listening to what they have to say – they know something you should know too.

Capricorn

Dec. 22 - Jan. 20

There is no point trying to get approval for what you intend to do this week. Have the courage to go for it no matter what other people might think or say.

Aquarius

Jan. 21 - Feb. 19

What you think is important is really of no importance of all, so stop obsessing about it and turn your attention to more positive things. No matter what the "experts" say nothing bad is going to happen.

Pisces

Feb. 20 - March 20

You may be tempted to give up on something that looks incredibly hard but you will regret it if you do. The approaching eclipse will sweep away all your doubts by the end of the week. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Suffix with 'Hip'
5. Mr. van Koeverden, Canadian kayaker/Olympian
9. Lovestruck, olde-style
13. Being less diluted
15. Single-named Canadian songstress
16. ___ & The Bunnymen
17. "Give ___" (Try)
18. "___ you can't guess!"
19. Jazz singing style
20. Canadian ___ (Annual event of Spring in the capital region)
23. Intended
24. They're called in roll call
26. 'Motor' suffix
29. Purposes
31. Point ___ (Canada mainland's most southerly tip)
33. Unkeyed, in music
35. Fashion designer, ___ Rabanne
37. Bon Jovi song: "___ Your Hands on Me"
38. Tail: Prefix
39. "___ magic!"
41. Sigma's alphabetic follower
42. "5th ___ Girl" (1939) starring Ginger Rogers
43. Guided
44. Young hawks
46. Plants trimmer
48. ___ (Clark Kent, originally, on planet Krypton)
50. Capri pants, ___-length
52. PMs and Prezzes
53. Narrates
55. Mr. Povich of TV talk
57. #10-Down, Canadian ___
62. Not-well-received movie

64. 'Million' suffix
65. "That's ___ thing!" (Definitely)
66. Make clicking noises on the keyboard
67. Shade of blue ...or green
68. MLB Commissioner, Bud ___
69. Legis. meeting
70. 'Gen' add-on (Old Testament beginning)
71. Stuff-on-the-beach

Down

1. After gargling, what the dentist says
2. Anti-apartheid activist, Desmond ___
3. 'Gen' add-on
4. Regulated routine
5. Extraterrestrials
6. Modern music genre
7. Assist in wrongdoing
8. Montreal morning
9. Like some bagels, ___-topped
10. ___ & Stewart
11. Smashing Pumpkins co-founder, James ___
12. Full amount, for short
14. Skipping ___
21. Defective
22. Steam, for example
25. Alan Thicke's "Growing Pains" role, Dr. Jason ___
26. Shower sealant
27. "This is ___!" (Dessert-getter's exclamation)
28. The ___ (Canuck band for Deedee, Rooney and Moe)
30. Weekend day, wee-ly
32. Sentinels
34. Danny of "Do the Right Thing" (1989)
36. Mouthwash usage quantity
40. Pouch
45. Warrior of Japan
47. James Joyce's Dublin-set novel
49. Gets married quick-style
51. Snipped-off-of-clothes things
54. 'Cheap' completer
56. Small estuaries
58. Blueberry, and others
59. ___-hoop
60. Daughter on "The Waltons"
61. Officially mailed letter, for short
62. Mil. posts
63. Caustic stuff

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	4	7	9	3	8	5	6	1
5	6	8	2	1	7	9	3	4
1	3	9	5	4	6	7	8	2
6	9	5	3	2	1	8	4	7
4	8	2	7	6	5	1	9	3
3	7	1	4	8	9	2	5	6
8	2	3	1	9	4	6	7	5
7	1	6	8	5	3	4	2	9
9	5	4	6	7	2	3	1	8

1			6			3
7		6	1		9	4
		3	9		5	6
6						9
			1		6	
2						5
		9	3		1	4
5		4		9		7
3				8		6

Weather

TODAY

MAX: 27°
MIN: 10°

TUESDAY

MAX: 13°
MIN: 9°

WEDNESDAY

MAX: 15°
MIN: 4°



MICHELE MCDUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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Len Novak